

You are listening to Episode 143 of the Devoured Podcast. Welcome to Devoured, the podcast for women like you who have tried restrictive diet after diet and are ready for simple solutions and resources to help you lose weight for the last time, from a place of abundance and peace. If you're looking to end the yo-yo of comfort eating and rigid weight loss protocols and instead, step into living your life on your terms while losing weight in the process, you're in the right.

Party people, what is up? Welcome to the show. Do you love today's title? Because I sure do. I think that a lot of you who listen are ironically birds of a feather in that you are people who are different than other people. And as such, we have, whether knowingly or not, created a community here of being the people who are different. Now, the reason we're talking about being different on today's episode is that when you are radically allowing yourself to live the life that you desire, what you're going to find is that you're most likely going to come across and come up against a thought and a belief about how your differentness is isolating, can feel lonely or is something bad or that should not be celebrated.

And I want you to know right here, right now, that you are radically allowed to be as different as you need to be in order to most fully be yourself. Now, when this comes to food and nutrition habits, this can be a huge arena that creates a lot of self doubt and can keep someone in the river of misery. That river of misery is a term that comes from coach Stacy [Baymon 00:02:03] and I appreciate her a lot. And that's a term that just sticks with me in my head and I think it's very, very useful and applicable here. When you're trying to sort out the foods you love, the ones that love you right back. The foods that you love, but they kind of leave you hanging. The foods that you know, you're like, "Uh-uh (negative), we're done, we're through." And the foods that are all allowed to be across that whole entire spectrum, what you might find is that you start to come across these ideas that feel like your food choices make you different from other people.

And this of course can 100% be reality. What you and your body need specifically, could be totally different from one person to another. I'll use myself as an example. I really don't do well with gluten y'all. I wish I did, I wish it were something where I just healed up my gut a little bit and didn't have to blink twice about it. But I truly experienced a much lower quality of life when I consume gluten. You know what else makes me different? I'm sensitive to eggs. I'm sensitive to peanuts. I'm very sensitive to milk powder. But I'm not as sensitive to milk products. What? I'm sensitive to alcohol, always have been, probably always will be. I haven't had a drink in over a year because I just don't give a damn. And all of those different experiences I just listed out for myself. At one point or another, someone has judged me on that.

Now here's the thing, when I fulfill and I'm living in my most liberated way. When it comes to the expression of, what foods make sense for me? The thing that is so beautiful with this work that we do in lean and liberate, when I'm chatting with my clients, when we're making moves in life. What is so cool is that we give ourselves permission ahead of time to allow ourselves to stop judging other people because guess what? When we decide that we're worried about what someone else is going to think about us, that's us pre-judging them, that's us trying to create control out of a situation that hasn't happened. And maybe it's been based in a situation that has happened, but there's extrapolation happening there. So we're actually engaging in judgment when we decide ahead of time that someone else is potentially going to judge us and we don't like that so we try to control a situation.

And I'm here to tell you y'all, your number one job when it comes to your food and your nutrition is to keep your eyes on your plate. To keep your eyes on your abundance, on your love, on your pleasure. And when you allow yourself to drop into that space, you're going to find that all those little things that make you so different, those are the things that make you so wonderful. Those are the things that if you just let them sparkle, you just bring them right out of that river of misery and you let them shine in the

sunlight. Those are the things that allow others to be magnetized to you in such a healthy, beautiful way.

So when you're being different. When you're allowing yourself to eat the foods that bring you the most joy, that full body yes joy, and you allow that to come before any other judgements, any other decisions, what I think you're going to find is that that full body yes means that your attention goes inwards. That's incredibly potent medicine for each and every one of us. Especially for us who are like pretty darn caring, tend to take care of others, and are very thoughtful and very reflective. It's so easy and natural for us, for our attention to go elsewhere. And not even in a bad way, I think that's a really beautiful strength for a lot of us. But it's a beautiful way to come back to flexing that muscle of, instead of looking on what's going on externally to flip the script, move it into the internal, and trust that when we see something that's different in us, not only is that 100% allowed 100% of the time. There's nothing to be fixed, there's nothing that's gone wrong.

Even if we've suddenly discovered what that different thing might be. When we embrace every single bit of ourselves, that is when you're going to find that the food stuff just starts to make sense, that it stops being such a struggle, which foods you do and don't eat and why it is or why it isn't so. It starts to become fun to put foods on your plate. It starts to become fun to decide ahead of time what am I eating? What is going to fill me up during lunch? What am I looking forward to that feels so good for me? When those become your habits, you are going to start to notice that all those worries will both melt away and also neutralize, because let me also say, we don't live in fairytale unicorn land.

So we're of course human, we're going to notice when we're different, when other people are different. But we can put down the heavy work, the energetic output of doing the work of deciding what it means to be different. Let yourself just be and I swear, even if your brain is screaming at the prospect of that. And even if you're like, I'm not sure how that relates to food, but maybe I am, that's perfect. That is exactly where you need to be today. So let your food choices be radical. What will truly give you a full body yes at your next meal? I want you to go seek that food out and make it happen. Do that, and I'll see you on the next episode. Did you know, you can find more support for me and my website, go to Lucia Hawley, L-U-C-I-A H-A-W-L-E-Y dot com to connect.